

Garden Orchard Salad

Makes: 4 servings

Fresh veggies, peanuts, and apples give this crunchy salad a refreshing flavor, and it is coated with non-fat vanilla yogurt for creaminess.

Ingredients

- 1 1/2 cups broccoli florets (coarsely chopped)
- 1/2 cup carrot (grated)
- 1/2 cup cauliflower (coarsely chopped)
- 1/2 cup apple (chopped, cored and diced, not peeled)
- 1/4 cup green onion (sliced)
- 1/2 cup yogurt, non-fat vanilla
- 1/4 cup peanuts, unsalted, dry-roasted (chopped)

Directions

1. Wash your hands and work area.
2. Mix all ingredients together in serving bowl.
3. Cover and refrigerate for 2 hours or longer to allow flavors to blend. Serve cold.
4. Cover and refrigerate leftovers within 2 hours.

Kansas State University Research and Extension, Fix it Fresh! Recipe Series

Nutrition Information

Nutrients	Amount
Calories	110
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	50 mg
Total Carbohydrate	14 g
Dietary Fiber	3 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	